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Lilly's seeds are sold for purity and germination. No seeds are packed by us unless these two qualities are guaranteed. Our fully equipped laboratory under the direction of a scientist and expert seed tester removes all weed seeds. When buying Lilly's seeds, you buy increased crops. Send for catalog. The Chas. H. Lilly Co., Seattle.

CALAPOOYA Springs Hotel

Located at London, Oregon, in the Calapooya mountains, 800 feet above sea level, twelve miles from Cottage Grove, Ore.

Cuisine and accommodations excellent. Hot mineral baths, recommended by physicians for rheumatism, stomach, liver and kidney troubles. Very extensive grounds with swings, tennis court, croquet and other amusements. Splendid trout fishing at hand. Automobile line from Cottage Grove over good roads.

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Calapooya Springs Co.
Cottage Grove, Ore.

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Office Hours: 10 to 6 p. m.
Consultation by appointment only.
DR. H. H. SOMERS
OSTEOPATHIC PHYSICIAN
Chronic and Nervous Diseases a Specialty.
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Attorney at Law

Office on Main Street, West Side

COTTAGE GROVE, OREGON

J. C. JOHNSON

Attorney-at-Law

Practice in all Courts of State. Corporation, mining and Probate law a specialty. Collection and Insurance.

COTTAGE GROVE, OREGON

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Room 14, Madison Bldg.

DR. H. H. OWEN

Veterinarian

Graduate Kansas City Veterinary College COTTAGE GROVE, OREGON

COTTAGE GROVE CAMP, No. 6424
M. W. of A., meets the first and third Tuesday of each month at Elks' Hall. Visitors Welcome.

C. W. WALLACE, Consul.

ORVEL KNAPP, Clerk.

Southern Pacific Railway Time-Table COTTAGE GROVE STATION

South Bound	North Bound
No. 15 1:20 p. m.	No. 16 1:48 a. m.
No. 13 6:42 a. m.	No. 14 2:28 a. m.
No. 19 8:01 p. m.	No. 18 11:02 a. m.
No. 17 9:45 p. m.	No. 20 3:54 p. m.

O. & S. E. R. R. COMPANY.

TIME TABLE NO. 5.

To Take Effect June 19, 1909.

E. BOUND W. BOUND

No. 1 No. 2

A. M. M. STATIONS A. M.

7:30 L.V. COTTAGE GROVE, AR 12:00

7:50 3:5 WALDEN 11:25

7:59 6:7 CENRO GORDO 11:16

8:14 8:6 DOKER 11:08

8:40 12:5 STAR 10:40

8:50 13:5 WICKS 10:33

9:08 15:9 RED BRIDGE 10:25

9:15 16:6 WILDWOOD 10:15

9:45 20 AR DISTON LV 10:00

Two extra trains for passengers only leave Cottage Grove on Tuesday and Saturday at 2:30 p. m., returning arrives at Cottage Grove at 5:30 p. m.

Subject to change without notice.

All outward freight to station where there is no agent will be left at risk of owner.

Stage leaves Diston after arrival of train on Monday, Wednesday and Friday for Orasco.

Freight will not be received at the O. & S. E. R. R. Depot after 5 p. m. To insure forwarding on next train freight must be delivered in ample time to permit of its being billed.

A. B. WOOD, Manager.

THE OSTEOPATHIC PRIMER

THE A. B. C. OF OSTEOPATHY FOR BUSY READERS

The Theory of Osteopathy.

OSTEOPATHY contends, and has proven so often that it can no longer be a matter of doubt, that the human body is a complete mechanism, containing within its tissues all the remedial forces essential and necessary to the cure of disease.

"There is no scientific dogma better established than this, that the living organism is in itself adequate to the cure of all its curable disorders."

Sam'l O. L. Potter, A. M. M. D. M. R. C. P.

Potter's Materia Medica, Pharmacy and Therapeutics, Tenth Edition, page 2.

Furthermore, if all the parts that go to make up the human body are in normal relation, that is, if every bone, ligament, muscle, nerve, blood vessel, etc., are in their proper places and working order, then no such condition as disease can prevail.

"The physician cannot consent to the view that a machine may go wrong, without it becomes STRUCTURALLY wrong."

College of Physicians and Surgeons, Chicago.

Read the above paragraphs again. It becomes self evident, does it not? Certainly it is true, that if every part is exactly where it belongs, and discharging its duty, just as it should, health must be the result. Health depends, then, upon the normal relation of the anatomical parts that go to make up the human body.

Disease must follow whenever this normal relation is disturbed; must follow whenever the organs of the body are prevented from discharging their normal physiological functions.

It is the osteopathic conception—to repeat for the sake of clearness—when disease is set up anywhere in the body, that something has occurred to arrest or block the body's life-giving and healing currents, its nervous impulses, its blood and lymph streams, and that the proper sort of treatment is to remove these obstructions. Nature's vital fluids and forces will then usually work recovery.

It is not the claim of Andrew Taylor Still, M. D., the founder of osteopathic medicine, nor of his followers, that the basic facts and principles upon which the new system rests are essentially new discoveries but only that their application is new. This claim cannot be contradicted.

Other schools of medicine accept all the isolated facts and principles of anatomy, physiology and pathology out of which the new science of osteopathy has been constructed. But no other medical teacher before Dr. Still ever wrought these facts and principles into a consistent, homogeneous system which is able, not only to overcome much sickness and deformity without the use of drugs and knife, but indeed to cure in a large share of cases much more successfully than can be accomplished by old-time methods.

Next week: One Cause of Disease—Bony Slips and Displacements.

TELLS OF BENEFITS OF SHOW

(Continued from first page.)

"A favorite slogan for the southern Willamette valley at the Omaha Land show was this: 'We raise all that you can raise here besides all our beautiful fruit, in a milder climate and under softer skies.' Is this fair enough to the denizens of the blizzard-bossed districts?"

"It told the fruit-raisers of the Missouri river country that every condition being equal, for fruit raising they still had grave hazards to contend with—and here's where we excel. We have no electric wind storms at unseasonable periods to destroy our bountiful crops."

"Some say the country is misrepresented, overdrawn, 'boosted too much.' But to those who do not expect impossibilities the country makes good."

"The southern Willamette valley was advertised and exploited and explained to about 30,000 people at the land show and the amazing thing to visitors was the fact we had such a magnificent variety of crops, none of which is dependent upon irrigation."

"One of the valuable and most interesting features of our illustrated talks to homeseekers was the Felix Currin farm near Cottage Grove, in Lane County, Oregon, upon which hundreds of varieties of wheat and other grains and every variety of forage crops, ancient and modern, were grown—thus illustrating the fertility and variety of soil of one Willamette farm. The plan to give the lecture in the Grand had to be given up at the last moment, owing to the fact that those who were to attend to it failed to get the machine ready for the talk. Through the courtesy of Messrs. Hall and Beals, of the Arcade, the lecture was put on there as a part of the second show. Mr. Freeman commented on the enterprise being shown by the Arcade management in fitting up one of the finest show houses in the valley."

Mr. Freeman gave the lecture free of charge and the Commercial club furnished tickets to all who wished to attend. There was a good-sized audience.

Mrs. Chas. Cochran is here from Eugene for an extended visit with her mother, Mrs. Orpud. Mr. Cochran was down over Sunday and rendered a cornet solo at the evening service at the M. E. church in a very pleasing manner.

CHANCE FOR EVERY GIRL.

(Continued from first page.)

J. B. Protzman, O. & S. E. R. R. A good auditor, would want to know where the money went.

Hohl & Chapple. Two young men, want someone to adopt them, quick.

Fred Gray, livery. Can furnish the team for a buggy ride free.

G. G. Warner, miner. A good prospect, has a gold mine to back him up, well liked by everybody. He might consent, no harm to ask, he can answer quick.

Marion Ernest, stockman. Fine fellow with a good business head, ready tomorrow.

Henry and Joe Landess, miners. Two good boys, would make a home happy.

Frank Knox, a brother of Duke. Popular and easy to manage.

C. and V. Anderson, saw mill. Can furnish the slab wood already sawed. Need wives to split it.

Harry Parker, miner. Has the largest cabin in Bohemia, all furnished complete.

Chas. Gettys, bookkeeper. Hurry girls, school will soon be out.

Henry Hexum, sawyer. Saws wood and says nothing, but might answer if asked.

C. C. Case, retired merchant. Solid build and character.

James J. Craig, carpenter. With so many good qualities he was spoken for by a Swedish girl 28 years ago.

Henry (dutch) Johnson, miner. Calls Cottage Grove his home, plenty of "dough," kneads a wife.

August Henrich, jeweler, whom a neighbor recommends, can furnish the ring, and would always be on time.

Edward Jenks, real estate owner, mines and city property. A snap.

Robert Hamilton, operator. Splendid fellow, of character.

Tom Abeene, West Side liveryman. Cut out for a peaceful husband, and will promise to split the kindling wood.

Ray Trask, creamery. Would make a home a chapel of optimism.

Frank Williams, miner. Doesn't want to be in the list, but still eligible.

Northwest Mining Convention.

Plans for the convention of mining men from the United States, Alberta and British Columbia, to be held in Spokane February 15, 16 and 17, 1912, are rapidly assuming form, and the promoters of the gathering anticipate a most enthusiastic and instructive meeting. Men of national reputation have been invited to be present, and addresses will be made on all subjects related to the mining industry. Prospectors and others engaged in the business of mining, whether as directors of mining companies, superintendents of operation, foremen of working mines, machine men, mining engineers, working miners, or as investors in mining stocks, are all to be made welcome and given a place and opportunity to be heard and seen.

Testing plants for the ores of eastern and western Oregon mining districts have been recommended by the State Miners' association, which is following out the suggestions of Secretary Fisher of the interior department. It is believed ore testing stations maintained in the mining sections by the government would be of great value to the industry.

SOCIETY

THE STARS SCINTILLATE

BRILLIANT SOCIAL EVENING BY LOCAL MEMBERS.

Eastern Star Chapter Holds Interesting Meeting, Feasting on Wit and Dainty Viands.

The Eastern Star Chapter at the first meeting in the new year Friday night spent one of the most enjoyable social evenings known in the history of the order in this city. This chapter is one of the oldest in the state of Oregon and some of the charter members were present at this meeting, Mr. and Mrs. Lurch being among the number. After the installation of the new officers and interesting speeches made by a number of visiting members, the evening was spent in a social good time, winding up with a delicious cafeteria luncheon of cake, coffee and brick ice cream. Mesdames Veatch, Wilson, Adams, Allison and Hunt were the refreshment committee and had planned a very unique way of selecting partners for supper by pinning a slip of paper on the back of the collar of those present. The slip contained the name of some prominent person, as Gov. West, Mrs. West, etc., the gentleman who secured the slip for Gov. West, of course, having to find his partner among the fair sex. Martin Anderson's slip read, "The man from Utah;" he began looking around for a partner and found five ladies with a slip reading, "The woman from Utah, No. 1," up to No. 5. Mr. Anderson had the pleasure of escorting five ladies to supper to the chagrin of the other gentlemen present. The evening closed by all joining in and singing "Home Sweet Home." About fifty were present.

The sophomores of the high school gave a pleasant party at the home of Mr. and Mrs. Brewer Friday evening. A social game of pit was played in the fore part of the evening and was very much enjoyed. An interesting guessing contest followed in which all present took part, prizes being awarded to those who guessed the most titles of instrumental music from short snatches played from different pieces by a party presiding at the piano. Miss Carrie Woods carried off the honors by securing first prize. Miss Elsie Len and Miss Grace Phelps tied for the booby and drew straws to see who was the real winner. Miss Phelps drew

the country and expenditures of this island. Mrs. A. Powell gave a reading on "A Mountain Climber in Porto Rico." Miss Grace Bennett told us of the "Nebraska Home," the new training school for boys and girls. Mrs. W. A. Hemenway and Mrs. W. W. McFarland also gave interesting readings. Mrs. Bert Lawson and Miss Grace Lilly favored us with two beautiful duets. Dainty refreshments were served and all enjoyed a pleasant and profitable afternoon.

Mrs. J. H. Chambers entertained the members of the Social Twelve Club at her home on Railroad avenue Tuesday afternoon. A full attendance of the club was present and Mrs. Job was an invited guest. The time was pleasantly spent with needlework, and during the afternoon Mrs. Veatch read an interesting story for the amusement of the ladies. Delicious refreshments were served.

Saturday at two o'clock Mrs. B. R. Job was hostess at a charming luncheon in honor of her daughter Miss Emma McKeen Job. The occasion was the announcement of Miss Job's engagement to Mr. Charles Adams of Cottage Grove. The rooms were artistically decorated with a profusion of sword fern and pink carnations. The luncheon table was particularly attractive in a pink color scheme. Long ribbons of pink tulle ran from the chandelier to the tables, which was beautiful with carnations and fern. Soft pink shaded candles and name cards with hearts and pink forget-me-nots were the final bit of color. At each of the twenty covers was a tiny pink candle, the burning of which caused much merriment among the younger guests. The Misses Jennie Smith, Jessie Smith and Veta Holderman in pink and white served the dainty appetizing four-course luncheon. Many of the guests wore pink and white in compliment to the hostess. Mrs. Job's guests at the luncheon were: Mesdames F. D. Wheeler, N. E. Compton, A. H. King, E. R. Spencer, P. Wyatt, J. B. Lewis, H. O. Thompson, H. Eakin, George Kerr, C. P. Jones, H. H. Veatch and the Misses Lula Currin, Gertrude Hurdick, Inez White, Laura Kennon. Out-of-town guests were the Misses Mozelle Hair, Dorothy Schoolcraft, and Elizabeth Lewis of Eugene.

Miss Emma Job entertained a few school friends Saturday evening, the time being spent in the singing of college songs.

Mrs. C. E. Umphrey entertained a few friends informally Tuesday evening. Those present were: Mr. and Mrs. S. L. Mackin, Mr. and Mrs. Albert Richmond, Mr. and Mrs. Nelson Durham.

A Word to Ladies About Style

Did you know that there is a style in visiting cards and that to disregard this style is just as serious an offense as to violate the edicts of fashion in clothing?

Well, there is!

There's a style in the cut of the card! There's a style in the type that is used! There's a style in the way the printing is done!

And let us tell you, ladies, we know that style. We charge you nothing to show you what it is, and just to get you started right, we will, during the next week, get you out 100 cards for 75 cents—and they will be "stylish."

The Sentinel Job Room
The Shop Where Good Printing is Done

the right straw amid great applause. A dainty luncheon followed, closing one of the successful high school social parties of the season.

Those present were: Misses Woods, Phelps, Gibler, Rhinehart, Marson, Brewer, Robinson, Len and Messrs. Chambers, Hall, Phelps, Hankins, Harlow, McCargar, Foster, Stevenson, McDole.

The Social Twelve Embroidery Club was delightfully entertained at the home of Mrs. L. S. Hill last Thursday afternoon. Mrs. Hill was assisted by her daughter, Miss Esther, in serving dainty refreshments. Those present besides the hostess were: Mesdames H. A. Miller, Henry Veatch, W. H. Abrams, F. D. Wheeler, N. E. Compton, Geo. Hall, J. S. Medley, B. Lurch, A. L. Monroe, Herbert Eakin and Mrs. Venke as an invited guest.

Mrs. V. Hoven entertained the ladies of the Missionary society of the Christian church at her home last Thursday. Several invited guests were present, besides a full attendance of the society.

The topic was "Porto Rico and the work of the C. W. B. M." Mrs. Hoven and Mrs. LeRoy Woods had charge of the program, both giving interesting talks on the subject. Mrs. Bert Richmond gave a geographical sketch of

Mrs. H. A. Miller entertained the new officers of the Eastern Star at her home Wednesday evening. A pleasant time was spent discussing plans for the year's work, after which Mrs. Miller served delicious refreshments of cake and orangeade.

Mrs. Robert Sutcliffe delightfully entertained the choir of the Methodist church at her home Wednesday evening. Besides twenty-four members of the choir, a number of invited guests were present. At the conclusion of a song rehearsal, all joined in social games till a late hour. A splendid luncheon was served.

Mrs. C. E. Umphrey was hostess to the Young Married Ladies Club at her home Wednesday afternoon. Needlework was the usual program and delicious refreshments were served.

The Misses Pringle entertained informally Wednesday evening a few friends at a charming Leap Year party. Games and story-telling occupied the early part of the evening. Then severed hearts were distributed among the guests, the ladies being required to find the holder of the necessary part with which to mend her heart, who became her partner for the balance of the evening. A daintily prepared luncheon was served, and music and more games occupied the balance of the evening.

CHURCH NEWS

Last Sunday evening at the M. E. church a very profitable hour was enjoyed by a large and attentive audience. After a musical service consisting of songs by choir and congregation, duet by Miss Iverson and Mrs. Beager, and a cornet solo by Chas. Cochran, H. J. Shinn was introduced and gave an able address on "The Law". He defined law and fundamentals on which law is founded, showing that all laws made must be in harmony with the common law of God and humanity. His advice to young men was that unless they were of the right temperament, had judicial minds, were otherwise qualified by careful preparation and were ambitious to become the best lawyer, they should choose some other vocation.

Mr. Bede followed with a pleasing talk on newspaper work in which he showed advantages, opportunities and possibilities for those who were qualified and were willing to do hard work.

Both addresses were highly appreciated, especially by the large number of young men present. The addresses were not in the least theoretical but were practical talks by practical men. We hope to hear more like them in the future. Written by a business man who was there.

Household Talks

The Tea and Coffee question ceases to be a serious one when supplied by

The Metsan Shop

Baptist Church.—Last Sunday was a good day. "I Ought" was the subject of the morning sermon, and in the evening the pastor continued his discourse from the text "She hath done what she would." Next Sunday services at 11 in the morning and at 7:30 in the evening. The Bible school is growing. There are classes for all and an urgent invitation is extended to all to the Bible school. Young people's meeting every Sunday evening at 6:30.

The topic to be considered at the service at the Methodist church tonight is "Heaven." Meeting commences at 7:30 sharp. There will be a rally of all the men of the parish at 8:30. Plans will be made for the men's banquet to the married women of the church and the big entertainment. The books are here and rehearsals commence at once.

There is every indication that the men's class of the Methodist church is filling a long felt want. The topics are worthy of study. They deal with the big problems of the present, the questions that must be settled now. Here is the list for the next few Sundays: Religion a Thing for This World; Religion a Thing for Every Day; Existing Politics; Christian Politics; The Emancipation of the Voter; A Practical Program; The Sphere of Action; Men and Religion Forward Movement; The Brotherhood Movement; The Y. M. C. A.; Big Brothers.

Methodist Church.—Next Sabbath will be one of the days for which the Methodist church is noted. Bible school at 9:45. Public worship and sermon by Robert Sutcliffe at 11. Topic: "What's the Difference." Reception of members. Epworth League devotional meeting at 6:30. The young people find in this gathering great help and inspiration. People's popular service at 7:30. Sermon by District Supt. J. T. Abbott. Special music by large chorus choir. A hearty welcome to all.

Latham.

John Robinson and family of Divide visited at the home of J. W. Dowe Sunday.

Mr. and Mrs. W. R. Cellers recently returned from a visit with their son, who is a railroad man at Lents.

The school has resumed again after a fortnight's vacation. There are some new pupils.

John Hull is putting in a carload of drain tile in his Riverside farm. This is an enterprise much needed and will be a permanent improvement.

Miss Grace Trunnell has returned to school at Ashland after a visit with home folks.

Your eastern friends would like to know something about the country you are living in. Send them a copy of the Sentinel. Extra copies, 5c.

Do you want something? A reader in the Sentinel will get it for you.

Volume V

FRI P

S. P. S. ST. CO

Cottage Grove \$101,200;

The freight Pacific static nearly twice seat, which condition to gest city.

The figures Pacific Co.'s ending June 3 as the result by members c interested in a new depot a

The figures Grove is cer building but move will be time as the section regain

The Souther business ends follows:

Eugene Cottage Grove Junction City

The large p gene is explain ing the count university.

BOARD OR

BUSINESS J T

Every Busin Joins New Aims to Pr tage Grove

A board of ti day night at a men of the city club rooms. Main street is organization, v the boosting of of manufacturi and the securi turing purpose

It is freely ization of thi oughly repres tive of much g

The followi President, Her

C. H. Burkho Mackin; treas

trustees, B. K. W. Wallace, C

Visitor D

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fell in, Mr. H

man, aged 23.

NEPHEW (

SILAS KNOW

GEO. C